



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

TWO-YEAR CALENDAR

2010-2011





COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

What is Comprehensive Soldier Fitness? Why is it Important?

Comprehensive Soldier Fitness represents the Army’s investment in the readiness of the force and the quality of life of our Soldiers, Family members and Civilians by giving the same emphasis to psychological, emotional and mental strength that we have previously given to physical strength. The program takes a holistic approach to fitness by optimizing five dimensions of strength: **Physical, Emotional, Social, Spiritual and Family.**

The program uses individual assessments, tailored virtual training, classroom training and embedded resilience experts to provide critical skills Soldiers, Family members, and Army Civilians need.

CSF marks a new era for the Army by equipping and training Soldiers, Family members, and Army Civilians to maximize their potential, and face the physical and psychological challenges of sustained operations. We are committed to a true prevention model that enhances resilience and coping skills by enabling people to grow and thrive in today’s Army.

Strong ★ Resilient ★ Trained



Key Program Concepts

CSF is about enhancing the readiness and quality of life of the force. The CSF program represents the Army’s investment in the readiness of the force and the quality of life of our Soldiers, Family members, and Civilians, to provide Soldiers with the critical skills they need to take care of themselves, their Families, and their teammates.

CSF develops holistic fitness in multiple dimensions for a variety of challenges. The CSF program develops the “whole person,” by giving the same emphasis to psychological, emotional, and mental strength that is often given to physical strength. This enables Soldiers, Family members, and Army Civilians to more easily manage various physical and psychological challenges in their personal and professional lives along the five specific dimensions of strength.

The Army now equips and trains Soldiers, Family members, and Army Civilians mentally and physically for rigors of sustained operations. For nearly 235 years, the Army has trained Soldiers for the physical rigors of combat. Now, the CSF program is taking a deliberate approach to equip Soldiers, Family members, and Army Civilians with the psychological tools to deal with ambiguous threats and to maximize their potential in this era of persistent conflict.

CSF is built on 30 years of science, and is based on *how* to think rather than *what* to think. Rather than provide textbook answers to real-world physical and psychological problems, the CSF program uses 30-plus years of scientific study to teach Soldiers, Family members, and Army Civilians resilience, thinking skills, and coping strategies based on *how* to think rather than *what* to think—skills not taught in normal school curriculums.

We are committed to a universal prevention model that enhances a person’s resilience and coping skills. The CSF prevention model is aimed at the entire force, not just people in crisis. CSF assessment and training enhances resilience and coping skills that enables Soldiers, Family members, and Army Civilians to grow and thrive during this demanding period of our Army.

CSF uses a life-long learning model that incorporates both virtual and classroom training. CSF applies a balanced, multi-faceted approach towards life-long learning by continuing education at all levels of the Army. The program uses individual assessment, tailored virtual training, classroom training, and embedded resilience experts to provide Soldiers, Family members, and Army Civilians with the critical skills needed to take care of themselves and their Army Family.



JANUARY ★ 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Years Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15 The Family GAT becomes available today! https://www.sft.army.mil/sftfamily	16
17	18 Martin Luther King, Jr. Day	19	20	21	22	23
24 31	25	26	27	28	29	30

Notes

- *National Mentoring Month*
- *The Family GAT becomes available on January 15.*

★ Comprehensive Soldier Fitness :: Program Elements


The **GLOBAL ASSESSMENT TOOL (GAT)** allows you to assess yourself on Emotional, Social, Spiritual and Family fitness. Used over time, the GAT will enable you to track self-development and growth in these areas. Available for Soldiers at <https://www.sft.army.mil> and for Family members at <https://www.sft.army.mil/sftfamily>.





Notes

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A graphic featuring a large, faint star in the background. The star is yellow with a black outline. The words "COMPREHENSIVE" and "SOLDIER FITNESS" are written in a circular path around the star. Below the star, the words "STRONG MINDS" and "STRONG BODIES" are written in a circular path. The text "COMPREHENSIVE" is at the top, "SOLDIER FITNESS" is on the right, "STRONG MINDS" is on the left, and "STRONG BODIES" is at the bottom. The text is in a bold, sans-serif font. The background is a light gray color.

COMPREHENSIVE SOLDIER FITNESS

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MARCH ★ 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 Spring Begins Operation Iraqi Freedom Began (2003)
21	22	23	24	25	26	27
28 Palm Sunday	29	30 Passover Begins	31			

Notes

- Women's History Month

Comprehensive Soldier Fitness :: Program Elements

SUSTAINMENT RESILIENCE TRAINING builds Soldiers' inner strength to face adversity, fear and hardship with courage and confidence.



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The **MASTER RESILIENCE TRAINING** is a 10-day course designed to train Soldiers in critical thinking that will increase a person's optimism, self-awareness and mental agility.






MAY ★ 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 May Day
2	3	4	5 Cinco De Mayo	6 National Day of Prayer	7 Military Spouses Day	8 V-E Day Anniversary (1945)
9 Mother's Day	10	11	12	13	14	15 Armed Forces Day
16	17	18	19 Shavuot	20	21	22
23 Pentecost 30	24 31 Complete the GAT today! Memorial Day	25	26	27	28	29

Notes

- Asian Pacific American Heritage Month
 - National Mental Health Month
 - All Soldiers are encouraged to take the GAT by May 31. Don't forget to reassess yourself once a year!
 - Did you know that there is a GAT for Civilians too?
- Available at:
<https://www.sft.mil/sftcivilian>



Comprehensive Soldier Fitness :: Dimensions of Strength

PHYSICAL STRENGTH is performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.



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Notes

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Comprehensive Soldier Fitness :: Dimensions of Strength

FAMILY STRENGTH is being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.





JULY ★ 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Canada Day	2 Army Air Corps Established (1926)	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14 Bastille Day (France)	15	16	17 Spanish Civil War Began (1936)
18	19	20	21	22	23	24
25 Parents' Day	26	27 Korean War Armistice (1953)	28	29 235 th Army Chaplain Corps Birthday	30	31

Notes

- 235th Army Chaplain Corps
Birthday (July 29)



★ **Comprehensive Soldier Fitness :: Dimensions of Strength**
SPIRITUAL STRENGTH is strengthening a set of beliefs, principals or values that sustain a person beyond family, institutional and societal sources of strength.



Notes

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EMOTIONAL STRENGTH is approaching life's challenges in a positive, optimistic way by demonstrating self control, stamina and good character with choices and actions.





Notes

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Ms. Dana Whitis, CSF Family Programs Specialist

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MAJ Scott Stokoe, Master Resilience Trainer





Notes

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SSG David Breeden, Master Resilience Trainer





Notes

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SFC Paula LeBov, Master Resilience Trainer

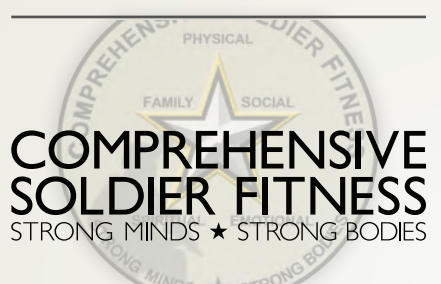




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SMA Kenneth O. Preston





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APRIL ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fool's Day	2
3	4	5	6	7	8	9
10	11	12	13 Jefferson's Birthday	14	15 Tax Day	16
17 Palm Sunday	18	19 Passover Begins	20	21	22 Good Friday Earth Day	23 103 rd Army Reserve Birthday
24 Easter Sunday	25 Passover Ends	26	27 Administrative Professional's Day	28	29 National Arbor Day	30

Notes

- 103rd Army Reserve Birthday (April 23)

★ *"The vast majority of Soldier deploying have a positive growth experience because they are exposed to something very hard, very difficult, and they succeed."*

GEN George W. Casey, Jr., Chief of Staff of the Army

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PHYSICAL

FAMILY

SOCIAL

STRONG MINDS

STRONG BODIES



MAY ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day Holocaust Remembrance Day	2	3	4	5 Cinco De Mayo National Day of Prayer	6 Military Spouses Day	7
8 Mother's Day V-E Day Anniversary (1945)	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31 Have you taken the GAT this year?				

Notes

- Asian Pacific American Heritage Month
- National Mental Health Month
- Did you remember to take the GAT again this year? It is a great way for you to track self-development and personal growth!

★ **"The entire program has been valuable. Mental Management, Character Strengths, Building Strong Relationships all create and can continue to create and mold the Soldiers, Families, and (DA) civilians at all levels."**

Ms. Anna Smith, Family Member





JUNE ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 D-Day Anniversary (1945)	7 Shavuot	8	9	10	11
12 Pentecost	13	14 236 th Army Birthday Flag Day	15	16	17	18
19 Father's Day	20	21 Summer Begins	22 GI Bill Signed into Law (1944)	23	24	25 Korean War Began (1950)
26	27	28	29	30		

Notes

- 236th Army Birthday (June 14)

★
"The most valuable take away I received thus far is the re-energized feeling of hope. This Master Resilience Trainer couldn't have come at a better time for me and my Family. I can't wait to get home and use these tools. It's like a light bulb has been turned on in my head."
SSG Jeffrey Holden, Master Resilience Trainer





JULY ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Canada Day	2 Army Air Corps Established (1926)
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14 Bastille Day (France)	15	16
17 Spanish Civil War Began (1936)	18	19	20	21	22	23
24 Parents' Day 31	25	26	27 Korean War Armistice (1953)	28	29 236 th Army Chaplain Corps Birthday	30

Notes

- 236th Army Chaplain Corps
Birthday (July 29)

★ *"This training has transformed the way I think of all aspects of my life. I personally have been in a slump in certain areas of both my personal and professional life. This training has truly been a blessing for me, 'my good stuff'."*

SFC Thomasine Isler, Master Resilience Trainer



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BG Rhonda Cornum, Director, Comprehensive Soldier Fitness





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SFC Jose Sixtos, Master Resilience Trainer



OCTOBER ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Operation Enduring Freedom Began (2001)	8 Yom Kippur
9	10 Columbus Day	11	12	13 236 th Navy Birthday	14	15
16 National Boss Day	17	18	19	20	21	22
23 30	24 United Nations Day 31 Halloween	25	26	27	28	29

Notes

- Hispanic Heritage Month
(Sept. 15 - Oct. 15)

★ "The use of good questions and knowledge of personal strengths can change perspective and lead to positive outcomes and effective communications."

Ms. Danielle Corenchuk, Family Member





Notes

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SSG Jeffrey Holden, Master Resilience Trainer



DECEMBER ★ 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Pearl Harbor Remembrance Day	8	9	10 Human Rights Day
11	12	13 374 th Army National Guard Birthday	14	15	16	17
18	19	20	21 Hanukkah Begins	22 Winter Begins	23	24
25 Christmas Day	26 Kwanzaa Begins	27	28 Hanukkah Ends	29	30	31 New Year's Eve

Notes

- 374th Army National Guard
Birthday (December 13)

★ **"Someone said to me that we are trying to change the Army, one Soldier at a time. No, I want to change the Army one NCO at a time, because they will go back and change 10 Soldiers."**

GEN George W. Casey, Jr., Chief of Staff of the Army

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PHYSICAL

FAMILY

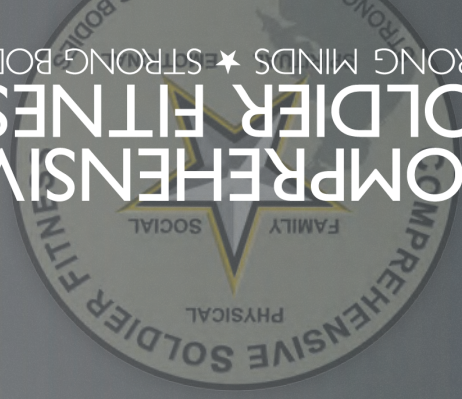
SOCIAL

MENTAL

EMOTIONAL

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